



Infant Nutrition and Health Resource List November 2013

This publication is a collection of resources on the topic of infant nutrition and health. Resources include books, pamphlets and Web sites. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books can be either borrowed from your local library or purchased from your local book store.

Materials may be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/infnut.pdf>.

A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books

A. Breastfeeding

Baby-led Breastfeeding: Follow Your Baby's Instincts for Relaxed and Easy Nursing

Gill Rapley and Tracey Murkett

New York, NY: The Experiment, 2012. 320 pp.

Description: Provides guidance for mothers on their baby's unique and natural breastfeeding pattern.

Balancing Breast and Bottle

Amy Peterson, BS, IBCLC and Mindy Harmer, MA, CCC-SLP

Amarillo, TX: Hale Publishing L.P., 2010. 172 pp.

Description: Aims to support the breastfeeding mother who wishes to continue breastfeeding during periods of separation. Includes guidance for pumping breast milk as well as addresses ways to support and maintain the breastfeeding relationship.

Breastfeeding: Keep it Simple

Amy Spangler, MN, RN, IBCLC

Atlanta, GA: Baby Gooroo, 2012. 88 pp.

Description: Shares breastfeeding guidance to women in a question and answer format. Includes resources for additional information.

Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges

Nancy Mohrbacher, IBCLC, FILCA

Oakland, CA: New Harbinger Publications, Inc., 2013. 208 pp.

Description: Offers breastfeeding mothers with solutions to common issues that arise during breastfeeding.

Medications and Mothers' Milk, 15th Edition

Thomas Hale, PhD

Amarillo, TX: Hale Publishing L.P., 2012. 1331 pp.

Description: Includes pharmacological advice for lactation consultants, nurses, physicians and nursing mothers. Discusses the effects of various drugs, vitamins, and herbs on breast milk.

New Mother's Guide to Breastfeeding, 2nd Edition

The American Academy of Pediatrics

Elk Grove Village, IL: American Academy of Pediatrics, 2011. 272 pp.

Description: Provides breastfeeding and nutrition information for the mother and baby.

Nonprescription Drugs for the Breastfeeding Mother, 2nd Edition

Frank J. Nice, RPh, DPA, CPHP

Amarillo, TX: Hale Publishing L.P., 2011. 149 pp.

Description: Offers guidelines and recommendations for safely using over the counter medications while breastfeeding. Also discusses the use of dietary supplements and herbals.



Supporting Sucking Skills in Breastfeeding Infants, 2nd Edition

Catherine Watson Genna

Jones & Bartlett Learning, 2012. 408 pp.

Description: Discusses normal sucking function as well as anatomical functions, developmental respiratory issues, prematurity, and mild neurological deficits.

The Womanly Art of Breastfeeding, 8th Revised Edition

La Leche League International

New York, NY: Plume, 2010. 576 pp.

Description: Contains information based on scientific research and the experiences of breastfeeding mothers; includes discussion of toddler nursing and weaning practices.

B. General Nutrition and Health

The Best Homemade Baby Food on the Planet: Know What Goes into Every Bite with More than 200 of the Most Deliciously Nutritious Homemade Baby Food Recipes

Karin Knight, RN and Tina Ruggiero, MS, RD, LD

Beverly, MA: Fair Winds Press, 2010. 240 pp.

Description: Displays recipes with step by step instructions and photos for many of the recipes. Recipes are separated by month depending on baby's age and stage of development. Also includes recipes for toddlers.

The Better Way to Care for Your Baby

Robin Elise Weiss, LCCE, CLC

Beverly, MA: Fair Winds Press, 2010. 304 pp.

Description: Guides new mothers during the infant's first year. Includes milestones, warning signs and a checklist of accomplishments for each month.

Eat, Sleep, Poop

Scott W. Cohen, MD, FAAP

New York, NY: Scribner, 2010. 291 pp.

Description: Focuses on basic functions of an infant during the first year of life. Addresses questions and strategies for each topic with medical recommendations and personal experiences.

Food Fights

Laura A. Jana, MD, FAAP; Jennifer Shu, MD, FAAP

Elk Grove Village, IL: American Academy of Pediatrics, 2012. 350 pp. (e-book or print)

Description: Provides solutions for daily nutritional challenges. Topics include picky eaters, portion size, grocery shopping, and healthy snacking.

Heading Home with Your Newborn: From Birth to Reality

Laura A. Jana MD, FAAP; Jennifer Shu MD, FAAP

Elk Grove Village, IL: American Academy of Pediatrics, 2011. 306 pp. (e-book or print)

Description: Offers guidance for parents of newborns. It includes information on appearance, health, feeding, dressing, etc.



So Easy Baby Food Basics: Homemade Baby Food in Less Than 30 Minutes Per Week

Cheryl Tallman

Petoskey, MI: Fresh Baby LLC, 2010. 36 pp.

Description: Offers tips and guidance to start making baby food. Chapters are broken down by food groups and include food safety tips, nutrition information, and lists of kitchen tools needed. Photos of steps in preparing foods are also included.

II. Pamphlets/Booklets/Brochures/Fact Sheets/Web sites

A. Breastfeeding

Breastfeeding Cards

Nutrition Matters, Inc.

Description: Offers information for breastfeeding mothers, especially during the baby's first month.

Ordering Information:

Phone: 715-831-1822

Online ordering: <http://stores.intuitwebsites.com/NutritionMattersInc/-strse-17/Baby%27s-First-Month/Detail.bok>

Breastfeeding - Multiple Languages

Medline Plus, U.S. National Library of Medicine

Web site: <http://www.nlm.nih.gov/medlineplus/languages/breastfeeding.html>

Description: Discusses common concerns in a question and answer format. Topics include initiating breastfeeding, positioning, pumping and storing breast milk. Also available in Arabic, Bosnian, Chinese, French, Hindi, Hmong, Japanese, Korean, Marshallese, Portuguese, Russian, Somali, Spanish and Vietnamese.

Breast Pumps

U.S. Food and Drug Administration

Web site:

<http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/default.htm>

Description: Gives information on how to choose, use and clean a breast pump.

Dad + Baby: A 10 Minute Breastfeeding Guide

Pamela Wiggins, IBCLC

L.A. Publishing

Description: Provides breastfeeding guidance for new fathers in a magazine format. Highlights the advantages of breastfeeding, as well as addresses common concerns. Also available in Spanish.

Ordering Information:

Phone: 800-397-5833

Order form: <http://www.lapublishingllc.com/pdfs/orderform.pdf>



Dads and Breastfeeding

Channing Bete Company, Inc.

Description: Helps fathers learn to be more involved and supportive of a breastfeeding mother and child. Underscores the importance of the father's role and details why breastfeeding is important to a child's development.

Ordering Information:

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y> (Item # 85618 English, # 85626 Spanish)

Daily Food Plans for Pregnancy and Breastfeeding

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

Web site: <http://www.choosemyplate.gov/pregnancy-breastfeeding.html>

Description: Covers tips and guidance for the pregnant and breastfeeding woman in an individualized format.

It's Only Natural

Office of Women's Health, U.S. Department of Health.

Web site: <http://www.womenshealth.gov/itsonlynatural/>

Description: Helps African-American women and their families understand the health benefits of breastfeeding—not just for babies, but for moms too.

Mom + Baby: A Modern Guide to Breastfeeding

Pamela Wiggins, IBCLC

L.A. Publishing

Description: Gives breastfeeding guidance for new mothers in a magazine format. Highlights what to do when returning to work, starting complementary foods, and how to handle common problems that may arise. Also available in Spanish.

Ordering Information:

Phone: 800-397-5833

Order form: <http://www.lapublishingllc.com/pdfs/orderform2011.pdf>

Tips for Breastfeeding Moms

Food and Nutrition Service, U.S. Department of Agriculture

Web site: <http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>

Description: Offers a daily meal plan and tips for healthy eating and physical activity for the breastfeeding mom. Based on MyPlate. Also available in Spanish.

Weaning

La Leche League International

Web site: <http://www.llli.org/NB/NBweaning.html>

Description: Includes answers to common questions and articles related to weaning.

Weaning Your Child

Nemours Foundation

Web site: http://kidshealth.org/parent/pregnancy_newborn/feeding/weaning.html

Description: Discusses when to wean and gives tips for the weaning process.



Your Guide to Breastfeeding

National Women's Health Information Center, U.S. Department of Health and Human Services

Web site: <http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/>

Description: Provides women with information and support to breastfeed successfully. Explains why breastfeeding is best and how loved ones can support a mother's decision to breastfeed. African-American version available too.

B. General Nutrition and Health

Baby: 0 – 12 Months

American Academy of Pediatrics

Web site: <http://www.healthychildren.org/English/ages-stages/baby/Pages/default.aspx>

Description: Presents a variety of resources for parents and caregivers on infant health and nutrition.

Baby Feeding and Baby Stages Cards

Nutrition Matters, Inc.

Description: Provides information on infant feeding topics, as well as infant developmental stages.

Ordering Information:

Phone: 715-831-1822

Online ordering: <http://stores.intuitwebsites.com/NutritionMattersInc/StoreFront.bok>

Caring for Your Newborn: Keeping Tabs On Your Baby's First Year

Channing Bete Company, Inc.

Description: Uses tab format to present tips and guidance to new parents. Topics include feeding, safety, immunizations and well-child visits. Also available in Spanish.

Ordering Information:

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y> (Item # 83402 English, # 83705 Spanish)

First Steps to a Healthy Smile

American Academy of Pediatrics

Web site: <http://www.healthychildren.org/english/healthy-living/oral-health/pages/First-Steps-to-a-Healthy-Smile.aspx>

Description: Contains information on caring for a child's teeth, from birth until 2 years, and tips on preventing tooth decay.

Formula Feeding FAQs: How Much and How Often

Nemours Foundation

Web site: http://kidshealth.org/parent/pregnancy_newborn/formulafeed/formulafeed_ofen.html

Description: Informs caregivers how to detect an infant's hunger cues, prepare bottles, and ensure he or she is eating enough.



Good Eating Habits for Infants

Channing Bete Company, Inc.

Description: Guides parents and caregivers who need to wean a child from the bottle and teach him or her to use a spoon and cup. Offers tips on healthy eating habits and as well as readiness guidelines.

Ordering Information:

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y> (Item # 85740 English, # 85757 Spanish)

A Healthy Mouth for Your Baby

National Institute of Dental and Craniofacial Research, U.S. Department of Health and Human Services

Web site: http://www.nidcr.nih.gov/NR/rdonlyres/68E267D7-72BB-4001-B7B3-D3CC3A6937B8/0/HealthyMouth_Eng1.pdf

Description: Provides information on preventing tooth decay, checking and cleaning your baby's teeth and the importance of fluoride.

Ordering Information:

Phone: 301-402-7364

Online ordering: <https://www.nidcr.nih.gov/OrderPublications/default.aspx>

A Healthy Smile for Your Baby

Georgetown University, National Maternal and Child Oral Health Resource Center

Web site: <http://www.mchoralhealth.org/pdfs/babybrochure.pdf>

Description: Focuses on keeping baby's teeth clean and healthy, as well as recommends foods that promote positive dental health.

Ordering Information:

Phone: 202-784-9771 Email: OHRInfo@georgetown.edu

Online ordering: <http://www.mchoralhealth.org/order/index.html>

Help Me Be Healthy Series

Help Me Be Healthy

Description: Offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.

Ordering Information:

Phone: 888-531-9001 x102 Email: info@helpmebehealthy.net

Online ordering: <http://helpmebehealthy.net/pamphlets.html>

Infant Nutrition

Channing Bete Company, Inc.

Description: Promotes breast milk, but explains that using formula is sometimes necessary. Teaches parents how to recognize when an infant is ready to transition to solid foods. Provides a food chart for a baby's first year.

Ordering Information:

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y> (Item # 85806 English, # 85814 Spanish)



Learn the Signs. Act Early.

Centers for Disease Control and Prevention, U.S. Department of Health

Web site: <http://www.cdc.gov/ncbddd/actearly/index.html>

Description: Gives parents and caregivers tools and guidance to help them observe and understand developmental milestones in the growth of infants and young children.

Stopping the Bottle

Nemours Foundation

Web site: http://kidshealth.org/parent/food/infants/no_bottles.html

Description: Guides parents and caregivers in weaning a child from a bottle to a cup.

Text4Baby

National Healthy Mothers, Healthy Babies Coalition.

Web site: <http://www.text4baby.org/>

Description: Offers a free mobile information service designed to promote maternal and child health. Provides pregnant women and new moms with information they need to take care of their health and their baby's. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week, timed to their due date or baby's date of birth.

III. National Contacts

Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600 **Web site:** <http://www.eatright.org>

American Academy of Pediatric Dentistry

211 East Chicago Avenue, Suite 1700

Chicago, IL 60611-2637

Phone: 312-337-2169 **Web site:** <http://www.aapd.org/>

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

Phone: 847-434-4000 **Web site:** <http://www.aap.org/>

Baby-Friendly Hospital Initiative

327 Quaker Meeting House Road

E. Sandwich, MA 02537

Phone: 508-888-8092 **Web site:** <http://www.babyfriendlyusa.org/>



Centers for Disease Control and Prevention

1600 Clifton Road, NE, E-67

Atlanta, GA 30333

Phone: 800-232-4696 **Web site:** <http://www.cdc.gov/breastfeeding/>

Food and Drug Administration

10903 New Hampshire Avenue

Silver Spring, MD 20993

Phone: 888-INFO-FDA (888-463-6332) **Web site:** <http://www.fda.gov/>

International Lactation Consultants Association

2501 Aerial Center Parkway, Suite 103

Morrisville, NC 27560

Phone: 888-452-2478 **Web site:** <http://www.ilca.org/>

La Leche League International

957 N. Plum Grove Road

Schaumburg, IL 60173

Phone: 800-LALECHE (800-525-3243) **Web site:** <http://www.llli.org/>

March of Dimes

1275 Mamaroneck Ave

White Plains, NY 10605

Phone: 914-997-4488 **Web site:** <http://www.marchofdimes.com/>

Maternal and Child Health Bureau

Health Resources and Services Administration

Parklawn Building Room 18-05

5600 Fishers Lane

Rockville, MD 20857

Phone: 301-443-2170 **Web site:** <http://mchb.hrsa.gov/>

National Healthy Mothers, Healthy Babies Coalition

4401 Ford Avenue Suite 300

Alexandria, VA 22302

Phone: 703-837-4792 **Web site:** <http://www.hmhb.org/>

National Institute of Child Health and Human Development

P.O. Box 3006

Rockville, MD 20847

Phone: 800-370-2943 **Web site:** <http://www.nichd.nih.gov/index.cfm>



National Maternal and Child Oral Health Resource Center

Georgetown University

Box 571272

Washington, DC 20057-1272

2115 Wisconsin Avenue, N.W., Suite 601

Washington, DC 20007-2292

Phone: 202-784-9771

Web site: <http://www.mchoralhealth.org/>

National Women's Health Information Center

Office on Women's Health

Department of Health and Human Services

200 Independence Avenue, SW Room 712E

Washington, DC 20201

Phone: 800-994-9662

Web site: <http://www.womenshealth.gov/>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Food and Nutrition Service, USDA

3101 Park Center Drive

Alexandria, VA 22302

Phone: 703-305-2746

Web site: <http://www.fns.usda.gov/wic/>

United States Breastfeeding Committee

2025 M Street, NW, Suite 800

Washington, DC 20036

Phone: 202-367-1132

Web site: <http://usbreastfeeding.org/>

Zero to Three: National Center for Infants, Toddlers and Families

2000 M St. NW, Suite 200

Washington, DC 20036

Phone: 202-638-1144

Web site: <http://www.zerotothree.org>

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